



Coaches' Handbook 2024 Spring League

**La Jolla Youth Soccer
3908 Torrey Pines Road
La Jolla, CA 92037**

www.lajollasoccer.org

2024 Spring League Division Directors

Age Group	Name	Email Address
Boys U6	Christina Tovar	cmstovar@gmail.com
Girls U6	Jaclyn Bralower	jaclynbralower@gmail.com
Boys U8	Corrie Samaniego	corrie@lajollasoccer.org
Girls U8	Rebecca Jacob	rsbernard17@gmail.com
Boys U10	Christina Tovar	cmstovar@gmail.com
Girls U10	Jeff Fechner	jmfechner@gmail.com
Boys U12	Trent Painter	trent@lajollasoccer.org
Girls U12	Christina Tovar	cmstovar@gmail.com

Other Important Contacts:

Heather Hilliard	Executive Director	heather@lajollasoccer.org
Austin Mobley	Field Coordinator	austin@lajollasoccer.org

Breakdown of Age Groups:

- Under 6: U5 & U6 players (born in 2019 & 2018)
- Under 8: U7 & U8 players (born in 2017 & 2016)
- Under 10: U9 & U10 players (born in 2015 & 2014)
- Under 12: U11 & U12 players (born 2013 & 2012)

Formation of Teams

The Division Director forms teams using the following criteria:

- Request to play for a specific coach
- Requests to play with a friend or neighbor
- Requests by school and carpool
- **Balancing each team with a fair ratio of younger and older players**

The main goal during team formation is to honor player and coach requests while trying to balance teams in an equitable manner. Although we strive to form balanced teams in each age group, team formation is not a perfect process. There will be stronger teams and weaker teams...please be mindful of your opponents and DO NOT run up scores.

Ideal Roster Sizes and Gaming Info:

- U6 Max 8 players on each roster (4 v 4)
- U8 Max 11 players on each roster (7 v 7)
- U10 Max 11 players on each roster (7 v 7)
- U12 Max 14 players on each roster (9 v 9)

Rosters

Team rosters will be sent to coaches the night of the coaches' meeting on February 21. Rosters will include player names and contact emails and phone numbers. **Please reach out ASAP to introduce yourself and provide season timeline including game schedule.** We will send a sample "Welcome Email" that you can copy and paste and use as you feel appropriate.

Some rosters are not at max capacity. We will continue to add players (late registrations) if/when we receive them to round out rosters to max capacity. If on a given Sunday, you are short players, please discuss with your opponent and referee and play shorter sided games (ex: 6 v 6 instead of 7 v 7).

Coaches' Education

Coaching Education is incredibly important to our Club. We want to ensure that our volunteer coaches have the knowledge and tools necessary to succeed on the field. We have created a "Coaches Corner" under the recreational tab on our website that will serve as the "go to" resource for fun/technical drills and advice and includes practice session plans for the various age groups. [CLICK HERE](#) to access the Coaches' Corner.

In addition, doing a google search for soccer drills geared toward your age group will pull up a wealth of fantastic drills and training sessions. Last but not least, you are also welcome to observe an Impact Competitive training session (please reach out to Heather Hilliard if interested).

Cal South Mandatory Coaching Requirements

Click here for Head Coaches' Checklist: [CAL SOUTH REQUIREMENT CHECKLIST](#)

Please note that Assistant Coaches are ONLY required to complete the LiveScan. Questions or issues related to any of the trainings – Contact Coachinged@calsouth.com

Practices

There are no weekday practices for our Spring League. Instead, teams will practice for 20 minutes each Sunday followed by a 40 minute game. Please plan a fun warm-up/quick practice for the players prior to the start of each game.

Team Meet and Greet

Allen Field will be open for Coaches to plan a meet and greet on Sunday, February 25. You are not required to schedule the meet and greet for your team but we wanted to give coaches and players the opportunity to meet prior to their first games. Below is the schedule:

Girls and Boys U6	Noon to 1:00 PM
Girls and Boys U8	1:15 PM to 2:15 PM
Girls and Boys U10	2:30 PM to 3:30 PM
Girls and Boys U12	3:45 PM to 4:45 PM

Goals will not be set up but players can certainly bring balls and you are welcome to plan a kick around with the players or a picnic with the team.

Game Day Field Set Up and Take Down

There will be a LJYSL field coordinator (Austin Mobley) available on every Spring League Sunday. Austin will need help with field set up and take down. If your team plays the first or last game of the day, please kindly assist him with moving goals into place for our first kickoffs and moving goals off the fields at the end of the day.

Game Rules For detailed rules of each age group, please visit the Coaches' Corner on our website. [CLICK HERE](#) to access the Coaches' Corner.

AGE:

Under 6: U5 & U6 players play 4 v 4	20 minute halves Ball size 3
Under 8: U7 & U8 players play 7 v 7	20 minute halves Ball size 4
Under 10: U9 & U10 play 7 v 7	20 minute halves Ball size 4
Under 12: U11 & U12 play 9 v 9	20 minute halves Ball size 4

U6 - NO goalies, NO offsides. There will be a goal arc in front of each goal that players (offensive and defensive) may not enter.

Under 8/10 - There will be a build out line for offsides and goal kicks. The line is marked at the halfway point of each half of the field. Please visit the Coaches' Corner and review the 7 v 7 standards of play for detailed instructions regarding the build out line.

Referees

We provide licensed, certified referees for each game. Some are young and learning so please be patient and respect their decisions. Referees are human and can/will make mistakes.

Code of Conduct

LJYSL Code of Conduct has been established to ensure the principles of sportsmanship, fair play, and mutual respect among players, coaches, officials, and spectators. Those who willfully violate the code of conduct jeopardize their participation in the LJYSL soccer program. The Code of Conduct is located on the Coaches Corner tab is acknowledged and signed by all families in the league at the time of registration. Click on this link to view our Code of Conduct: [CODE OF CONDUCT](#)

Equipment

Each player must have soccer cleats (no baseball/softball cleats), shin guards, a ball and water bottle for every Sunday practice and game. Players are NOT allowed to play without proper soccer cleats and shin guards. As part of the registration fee each player will receive two Spring League t-shirts (Gray and Blue). Home team wears GRAY and away team wears BLUE. The home team is listed first on the schedule. T-shirts will be distributed next week on Monday through Thursday from 3:30 PM to 5:30 PM at the Allen Field Clubhouse. Please be sure to pick up your team shirts (or send a team representative) during distribution days and times.

Sponsorship for Teams

As a non-profit entity, La Jolla Youth Soccer depends on sponsorships to offer the highest quality soccer program to our community. To ensure the growth and affordability of our league, we request that each team secure a team sponsor. We offer a Recreational Sponsorship that provides a high profile yet affordable promotion for our sponsors. Below is a brief overview:

Recreational Team Sponsorship: \$550

- A banner with your company name and logo at Allen Field from March through May, 2024. Allen field is used by 1000+ people each weekend during the Spring Season.
- Company logo and name on LJYSL website with a link to your website.

- Sponsor recognition sent to our Club members through email.
- Sponsor recognition through social media posts.
- Enhancement of your business reputation as a supporter of youth and the community.

Click [HERE](#) for Sponsorship information and registration.

2024 Spring Recreational Soccer Calendar of Events

Wednesday, February 21 at 6:30 PM – Pre-Season ZOOM Coaches’ Meeting

Sunday, February 25 – Pre-Season Meet and Greet at Allen Field (optional)

Sunday, March 3 – First Games

Sunday, March 31 – NO games on Easter Sunday

Sunday, April 28 – Last games for all age groups

Coach’s Check List

Pre-Season

- ✓ Contact players’ parents with season details ASAP.
- ✓ Plan your team meet and greet on Sunday, February 25 (optional).
- ✓ Complete the Head Coaches’ Checklist: [CAL SOUTH REQUIREMENT CHECKLIST](#).
- ✓ Find a team sponsor.

Season

- ✓ Have a practice plan in place for the pre-game 20 minute practices.
- ✓ Prepare your game substitutions prior to your game.
- ✓ Have first aid kit at all practices and games.
- ✓ Contact your Division Director or Heather Hilliard with any questions or concerns!
- ✓ Have FUN!